

Cooking with Whole Grains Shopping List

Baking Goods

Brown sugar – 1 lb
Oats, old fashioned – 5 cups
Oats, steel cut – 1 can
Whole-wheat flour – 5 lbs
Buckwheat, whole grain – 1 bag
Whole grain cornmeal – 1 lb
Sugar – 5 lbs
Quinoa – 1 lb
Barley, whole grain – 1 lb
Bulgur – 1 lb
Wheat berries – ½ lb
Cracked wheat – ½ lb
Baking powder
Black pepper
Oil, canola
Vanilla
Cooking spray
Cumin
Cinnamon
Nutmeg
Kosher salt
Chili powder
Garlic, granulated
Onion powder

Pantry

Chicken stock – 1 box
Black beans – 12 oz
Refried beans – 12 oz
Lemon juice
Walnuts – 1/2 cup
Tomatoes, crushed canned – 28 oz
Kidney beans – 42 oz

Produce

Tomato – 1
Cilantro
Green onions
Yellow onion - 1
Garlic – 1 head
Green pepper - 1
Apples – 5

Frozen

Corn – 1 lb

Dairy

Cheddar cheese, shredded – 20 oz
Skim milk – 1 c
Eggs – 1/2 dozen
Yogurt, plain – ½ lb

Bakery

Tortilla, commodity
Pancakes, commodity

Paper Goods

Spoons
Plates
Cups
Napkins



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Idaho State Department of Education, Child Nutrition Programs

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